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Iowa State Daily (03-28-2013)

Iowa State Daily

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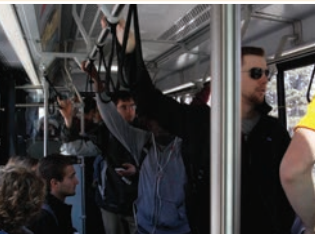
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TOUR:

Beekeeper tour brings buzz to ISU

The Bayer Bee Care Tour, sponsored by Bayer Crop Science, will be making a stop at Iowa State on Thursday at the Reiman Gardens by Jack Trice Stadium. The tour focuses on educating people about the importance of bees. It also encourages collaboration between beekeepers, researchers and growers. It also includes stops in Florida, Ohio, Illinois, Nebraska and Minnesota. The tour will make its way through Reiman Gardens from 10 a.m. to noon.

-Daily staff

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Student life

Iowa State Secret Admirers

Facebook page creator shares motivation

By Rachel.Sinn
@iowastatedaily.com

More than 1,500 anonymous declarations of love, secret crushes and compliments have been displayed within the past week for ISU students' reading pleasure. The Iowa State Secret Admirers' Facebook page offers an outlet for timid students to share their hidden affection for those they might not otherwise ever speak with.

On March 21, Bob Cohoon, freshman in electrical engineering, began the Facebook page. While the post's authors continue to be anonymous, Cohoon agreed to step forward to explain his motives and how it all works.

"I love the idea of it; I think it's great," Cohoon said. "I figured when people got back to school it would get some-

Iowa State Secret Admirers

Created by: Bob Cohoon
Twitter handle: @IowaStateSA
Created by Dave Bettner

Find your name

Created by: Alex Sobek
ISU Admiration Search page: http://205.237.183.38/ISUAdmiration/default.htm



#1103
Bob Cohoon...
now he's a dime piece

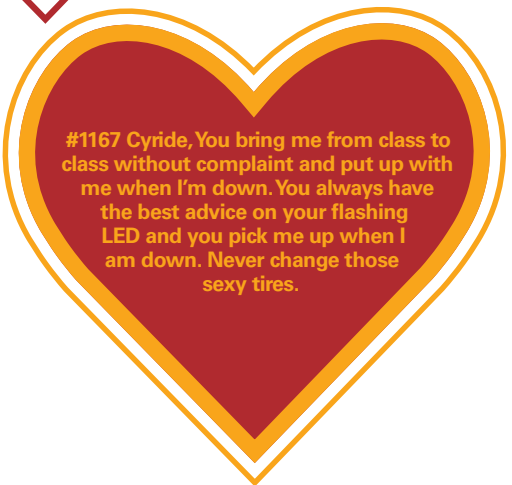
Photo: Jonathan Krueger/Iowa State Daily
Freshman in electrical engineering, Bob Cohoon, is the founder of the Facebook group, Iowa State Secret Admirers.



#1128 Andy Harmsen, You always have a way of putting a smile on anyone's face that you encounter. Maybe its because you are one of the most genuine, funny, and well-rounded guys I've ever met. I admire you for being you. Never change. I wish everyone had the opportunity to meet you.



#1205 Mary Jo Boehmer - All I have to say is that you're perfect. You're beautiful in every way possible! Plus that new blond hair of yours is a huge plus. Can't forget that you're also an absolute sweetheart with an amazing personality. Don't ever change and keep on smiling :)



#1167 Cyrille, You bring me from class to class without complaint and put up with me when I'm down. You always have the best advice on your flashing LED and you pick me up when I am down. Never change those sexy tires.

Gay marriage



Courtesy photo of CNN

Protestors and supporters of same-sex marriage stand outside the Supreme Court anticipating the upcoming arguments on the issue. Both the Defense of Marriage Act and Proposition 8 have been brought to the Supreme Court's attention recently and are controversial issues to voters and in the media.

Prop 8 challenged in Supreme Court

By Meghan.Johnson
@iowastatedaily.com

Proposition 8 has recently been brought to the Supreme Court's attention because it is thought to be a contradiction to the U.S. Constitution.

Proposition 8, or section 7.5 of the California constitution, is an amendment that made gay marriage invalid in California

which was passed in the state elections of November 2008.

Section 7.5 of the California constitution states, "Only marriage between a man and a woman is valid or recognized in California."

"A state referendum put to California voters seeking to overturn a decision of the state's Supreme Court that found that restrictions on gay marriage in the

state were unconstitutional (under state constitutional law)," said Dirk Deam, a political science professor at Iowa State.

"The decision of the Court essentially 'legalized' gay marriage in California. Prop 8 sought (successfully) to reverse that outcome by popular vote."

Proposition 8 re-

PROP 8.p3 >>

Both sides pursue federal approval

By Thaddeus.Mast
@iowastatedaily.com

On Wednesday morning, the Defense of Marriage Act was argued in the Supreme Court. This is a historic step for same-sex couples, as Defense of Marriage Act legally defines marriage as between a man and a woman in more than 1,000 federal laws.

The case, United States v. Windsor, was brought about when Edie Windsor, an 83-year-old woman was denied a refund of \$363,000 in federal estate taxes she paid following the death of her partner

Thea Spyer in 2009. She would have been eligible for an estate tax exemption if Spyer had been a man and argues that Defense of Marriage Act's Section 3 violates her equal protection under the Fifth Amendment.

In 2011, the Obama administration announced that the Department of Justice would no longer defend Defense of Marriage Act. The House Republicans are defending the law instead.

Wednesday's discussion was focused on legal issues and how the

DOMA.p3 >>

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Police Blotter:

Ames, ISU Police Departments

The information in the log comes from the ISU and City of Ames police departments' records. All those accused of violating the law are innocent until proven guilty in a court of law.

March 17

Benjamin Wagner, 23, 114 Colorado Ave, was arrested and charged with public intoxication at Lincoln Way and Wilmoth Avenue. (reported at 2:08 a.m.).

Wenyu Zhang, 21, 3721 Helser Hall, was arrested and charged with driving under suspension and failure to prove security against liability at Lincoln Way and South Riverside Drive. She was subsequently released on citation (reported at 6:46 p.m.).

An individual reported damage to a vehicle at Chamberlain Street and Stanton Avenue. (reported at 8:24 p.m.).

Mohamed Atroon, 18, 3106 Lincoln Way, was arrested and charged with possession of a

controlled substance. **Donell Crawford-Begg**, 18, of Kelley, was arrested and charged with possession of a controlled substance and possession of drug paraphernalia at Hayward Avenue and Knapp Street (reported at 10:55 p.m.).

March 18

Vehicles driven by **James Garland** and **Michael Halferty** were involved in a property damage collision at the 600 block of Beach Road (reported at 9:26 a.m.).

March 22

A body specimen was requested from a driver for chemical testing at the 200 block of Lynn Avenue. The individual was subsequently released (reported at 1:44 a.m.).

Mental health

Teachers train to prevent suicide

Bill raises awareness about growing concern

By Zoe Woods
@iowastatedaily.com

Suicide prevention has been a devastating topic of discussion in the Iowa Legislature. Senate file 337, a bill for “an act training on suicide prevention and trauma-informed care for school personnel” was recently passed.

Sen. Tod Bowman, D-Maquoketa, and floor manager for the bill confirmed that currently, the bill has been sent to the House and will be assigned to the education committee.

“Hopefully they have a subcommittee reporting on it already,” Bowman said.

Teenage suicide in the state of Iowa is a major health concern. Many schools in the state of Iowa have had to endure the trauma that suicides bring.

“There are a number of senators and representatives that have been concerned about the lack of resources for mental health care and suicide prevention,” said Sen. Matt McCoy, D-Des Moines.

“We want to raise awareness, and make folks aware that this is a major cause of death — a leading cause of death among young people,” McCoy said.

Suicides are very common among the younger generation of people between the ages of 15 and 24.

“There is so much we could be doing and should be doing to bring awareness about suicide prevention,” McCoy said.

The bill will require training programs for school personnel that will equip them with the ability to handle suicide situations.

“The training program is going to be developed by the Board of Educational Examiners,” Bowman said. “There is going to be a lot of people involved in the creation of the training, the teachers will

More information

- Every 13.7 minutes someone in the United States dies by suicide.
- Nearly 1,000,000 people make a suicide attempt every year.
- 90 percent of people who die by suicide have a diagnosable and treatable psychiatric disorder at the time of their death.
- Most people with mental illness do not die by suicide.
- Recent data puts yearly medical costs for suicide at nearly \$100 million.
- Men are nearly four times more likely to die by suicide than women. Women attempt suicide three times as often as men.
- Suicide rates are highest for people between the ages of 40 and 59.
- Native American peoples are most likely to die by suicide, followed by white individuals.
- www.afsp.org



Courtesy graphic
A multiple-suicide attempt in Johnson, Iowa, brought attention to the need for preventative action.

have to go through that process and get certified.”

For now, guidance counselors are the main outlets for students who are troubled.

The suicide incident that took place two years ago at Johnston High School, where two boys took their own lives, grabbed the attention of Iowa’s state legislators and sparked the creation of this statewide bill.

The guidance counselors from the high school preform certain actions and provide different programs for the students of Johnston for suicide prevention.

Audrey Bell, a Johnston High School counselor, said Johnston has a “Student Assistance Plan (SAP) contract with Iowa Health,” and the school has an on-site SAP counselor 1 1/2 days per week.

Johnston also has “ninth grade

staff and two high school counselors trained by Brenda Bash on Trauma Informed Care this year.”

During the January 2012 crisis, Johnston counselors made contact with other local schools and church organizations for crisis counseling. “We had several volunteers,” Bell said.

“Counselors work individually with troubled students and their families to provide resources for suicide ideation, mental health issues, et cetera,” Bell said.

The bill will go into effect as soon as July 1 which will require faculty members from schools throughout Iowa to receive training about suicide prevention techniques.

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The Carl and Marjory Hertz Lecture on Emerging Issues in Agriculture

Agricultural Technology
Reflections on the Journey, Perspectives on the Future

Jim Tobin

Jim Tobin is Vice President of Industry Affairs at Monsanto. During his twenty-nine-year career with Monsanto he has served in various agricultural marketing and commercial development positions, working with Monsanto’s seed, biotech and crop chemical customers and products. He joined the Corporate Affairs Group in 2008. A graduate of Iowa State and member of the Farm House fraternity, Mr. Tobin served as County Extension Director for the Iowa State Extension Service early in his career. He went on to earn an MBA from Harvard University.

Thursday, March 28, 2013 - 7 pm
1148 Gerdin Business Building

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(funded by G58)

Sigma Xi Lecture

Demons and Butterflies
Weather Predictability and Predictions

Atmospheric scientist Richard Anthes is a former president of the American Meteorological Society and a leading spokesman on weather forecasting. His expertise includes hurricanes and other tropical cyclones. Recently, he has helped oversee the U.S.-Taiwan observation system known as COSMIC, which gathers global data about developing hurricanes, climate change, and other atmospheric events. He also co-chaired the 2007 National Research Council Committee that warned NASA’s aging satellite system was inadequate for the nation’s science and technology priorities. Anthes is president emeritus of the University Corporation for Atmospheric Research, which manages the National Center for Atmospheric Research.

Richard Anthes

Thursday, March 28, 2013 - 8 pm
Sun Room, Memorial Union

Sponsored by: Sigma Xi and Committee on Lectures (funded by G58)

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Agricultural Technology: Reflections on the Journey, Perspectives on the Future

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Presented by: Jim Tobin
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>>**DOMA.p1**

case ended up at the Supreme Court. Tuesday's discussion of Proposition 8 was focused more on the legality and disputes of gay marriage.

Chuck Hurley, vice president of Family Leader, supports Defense of Marriage Act. "The federal Defense of Marriage Act was a good law," Hurley said.

"It respected federalism and was duly passed by representatives of the people, which is where laws are supposed to come from, not from courts."

Donna Red Wing, executive director of One Iowa, opposes Defense of Marriage Act.

"I think it is unconstitutional," Red Wing said. "I think it has created a second-class citizenship, a different kind of marriage for different people. I think the Supreme Court needs to find it unconstitutional."

Hurley says that his concern of gay marriage is for children. "We care about kids. You can't expect them to sort fact from fiction when old people are telling them fiction. And they're supposed to look up to and even be submissive to older people. That's the real

crisis," Hurley said.

"Our considered opinion is that kids do best with a mom and a dad. So we would advocate, on a personal level, to people not to procreate outside of one man and one woman, married for life."

Red Wing believes just the opposite: that children raised in same-sex households are just as well off as those that are not.

"Gay and lesbian couples have had children, will have children, do have children, and when the experts, the American Pediatric Association, comes out and says a multiyear study has done extraordinary research, and they come out in favor of same-gender marriage," Red Wing said.

If Defense of Marriage Act is repealed, Hurley said the Family Leader will continue supporting traditional families.

"We would continue to try to coach parents to tell their kids what's true and best. We would continue to love homosexuals. We've raised several thousand dollars to help homosexuals. I've hired several homosexuals," Hurley said.

"This is not about hatred

of a person or even of a person who is caught up in an orientation. This is love for children as expressed for what is true and best for them."

Red Wing says that a repeal of Defense of Marriage Act would have immediate benefits. "It would immediately affect those legally married couples. Here in Iowa, there are more than 6,000 couple that have been married, and across the nation more than 100,000."

"They would receive federal recognition. There would be tax incentives and benefits, things like Social Security and veterans benefits," Red Wing said.

Red Wing does not believe that a repealed Defense of Marriage Act would change anything for heterosexual couples.

"Next year we will be celebrating four years of marriage equality. We didn't go to Hell in a hand basket, the sky didn't fall," Red Wing said.

"Six thousand couples got married; loving, committed, gay and lesbian couples got married. That's what happens, and I think Americans are starting to understand that."

The court case will not be decided until late June.

>>**SECRET.p1**

what popular because people would want to waste time during class, but I didn't expect it to get this big."

In a week, the page has received more than 7,000 likes.

"A lot of people, they just don't want to go up to somebody; they don't want to approach them," Cohoon said. "Maybe they see them, maybe they met them once, [but] they don't want to talk to them in person face-to-face. It's awkward for them or something."

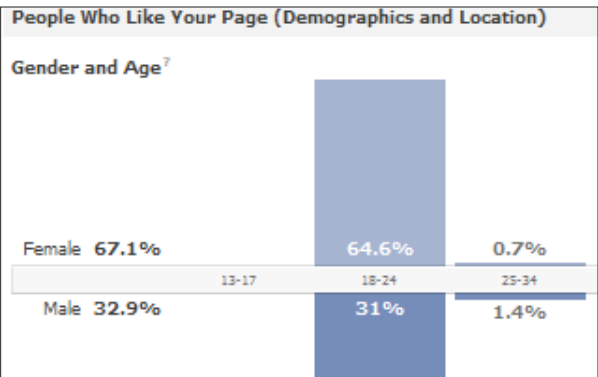
Cohoon said he began the page out of boredom, not realizing how big it would get.

"Anonymous comments are good to get you know? A lot of people message the page saying like, 'I made my Monday. Thank you for making this page.'"

Cohoon said that although his page has similarities to the Iowa State Confessions Facebook page, it's not as racy.

"People have recommend that I do scripts, like putting all of them up that I get through the Google docs, but I don't want to do that because, well, first of all I don't want people to put up like excessive swearing or anything that's inappropriately sexual or anything like that," Cohoon said. "Any sort of trolling or negative comments, I don't want to put up there either because it just defeats the point of the page."

The way the page works now: Anonymous comments are submitted to Cohoon by



Facebook and its page layout is a registered trademark of Facebook

Google document. Unless you put your name at the end of submission, he doesn't know who the authors are.

"People can ask me, but they'll get the same answer every time," Cohoon said. "It's completely anonymous; I have no way of knowing who posted what."

Cohoon runs to the Facebook page by himself, but his roommate Dave Bettner, open option freshman in Liberal Arts and Sciences, runs the Twitter account.

Cohoon did not make the page to express any personal thoughts of his own.

"I made it to give the opportunity to people that couldn't have the courage or don't have the courage to say something to someone else's face or just want to get something off their chest," Cohoon said.

If Cohoon sees something negative or inappropriate he won't post it on the page.

Alex Sobek, senior in computer science, found the page interesting but with one major flaw: Searching for your

name in more than 1,500 posts takes too much time.

"I stumbled upon this page when it was about roughly eight or nine hundred posts long and it occurred to me, because I was curious 'Hey, is my name in there?' but I don't want to scroll through the whole thing or read through all the posts. Basically what I thought was there's got to be a way to do this automatically," Sobek said.

Sobek used his computer science skills to create a solution to the problem within an hour. He created a website where you can put in your name to search the Iowa State Secret Admirers feed to see if you were mentioned.

"I was flattered! I thought it was really sweet, and whoever did it thank you," said M.J. Boehmer, freshman in elementary education and an anonymous post receiver.

For Cohoon, bringing people together is the goal.

"Even if one person meets another person from it, then I think the page is a success," Cohoon said.

>>**PROP 8.p1**

ceived its day in the Supreme Court March 26, 2013.

Charles Cooper argued to keep Proposition 8 and a ban on gay marriage, while Ted Olson opposed the ban on gay marriage. Cooper and Olson are the lawyers representing the case.

Supreme Court Justice Elena Kagan asked, "Mr. Cooper, could I just understand your argument. In reading the briefs, it seems as though your principal argument is that same-sex and ... opposite-sex couples are not similarly situated because opposite-sex couples can procreate, same-sex couples cannot, and the State's principal interest in marriage is in regulating procreation. Is that basically correct?"

Cooper went on to state that Kagan's summary was correctly stated.

Olson referenced the Supreme Court case Loving v. Virginia, which overturned bans on interracial marriage.

"You could have said in the Loving case, what — you can't get married, but you can have an interracial union. Everyone would know that that was wrong," Olson said.

Olson's reference to the Loving v. Virginia

case was a common point to his argument.

To summarize the court hearing, Justice Samuel Alito said, "But you want us to step in and render a decision based on an assessment of the effects of this institution which is newer than cell phones or the Internet? I mean we — we are not — we do not have the ability to see the future."

Alito believed that the Supreme Court would need more time to see the affects of gay marriage on the country.

"There are two important issues here. One relates to the rights or protections associated with 'gay marriage' itself. The other has to do with whether constitutional principles can or should be overridden by a majority vote of the people," Deam said.

When it comes to the outcome of this certain case, Chris Fowler, assistant director of Margaret Sloss Women's center, said, "I think this and the [Defense of Marriage Act] will be heard by the Justices and possibly be ruled on in the summer."

"They may also rule on one case and put the ruling of marriage back to the hands of each individual state to decide on marriage," Fowler said.

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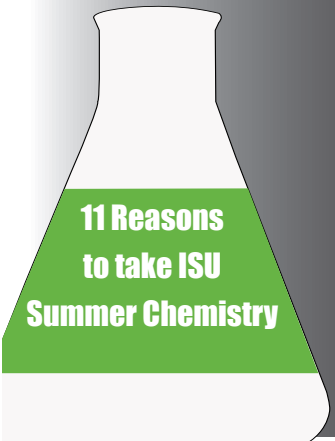
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EDITORIAL:

We have no right to vote on rights

Speaking to a small crowd that marched from downtown Des Moines to the grounds of the Iowa Capitol building, Des Moines Mayor Frank Cownie said of that group's goal to reform gun laws, "This is not an assault on Constitutional rights. This is about the safety of our communities. We deserve a conversation. We deserve a vote."

But on what, exactly, do "we" deserve a right to vote? Americans are at an immense constitutional impasse as to what rights are protected by Second Amendment, which is often taken as protecting a person's right to own firearms and to defend himself when attacked. Cownie's statement, unfortunately, assumes that that impasse does not exist.

It assumes a common ground on which we all agree. That common ground does not exist. Although 58 percent of Americans believe that laws regulating the sale of firearms should be more strict than they currently are, 34 percent believe those laws should be kept as they are. And, even if a much larger majority than 58 percent believed that gun laws should be stricter, that consensus still would not resolve the question of what is, and is not, a constitutional right.

Opponents of Cownie's position that "we" deserve a vote on a bill or referendum to curb access to guns share something in common with the proponents of same-sex marriage demonstrating outside the United States Supreme Court building and changing their Facebook profile pictures to a pink equals sign on a red background. Those two groups, we think, would agree on a key issue of the United States: Rights are not, and should not be, subject to popular vote.

Iowans, in fact, have been having this debate with respect to same-sex marriage for a few years now. After the Iowa Supreme Court struck down a state law that limited marriage to heterosexual couples, conservatives demanded that the Iowa Senate's majority leader stop blocking an amendment to the Iowa Constitution that would limit marriages to heterosexual couples. "Let us vote," they said. Naturally, supporters of same-sex couples' right to vote cried foul — because rights should not be subject to the vote of anything but the most powerful of majorities.

Rights are a very abstract concept, and it is difficult to escape philosophy when discussing them. Suffice it to say, however, that if we have a right to do something, it is right that it be done. It would make no sense for an action to be a "right" if acting upon that specific right entailed hurting another person at all.

For this reason, the founders of the United States repudiated the notion of democracy and instead installed a republic. Since all the people who ever could hold governmental office are humans — since every office holder is fallible and liable to make mistakes — government should be limited, unable to cross certain thresholds. Conveniently, some of those rights, or "truths," are self-evident.

Where a potential right is not self-evident, however, we must find a way of resolving that issue, before we can claim a right to "vote" on it. The same way that the U.S. Supreme Court is only now hearing key cases on same-sex marriage, a sweeping ruling on the right to bear arms has not yet come.

Editorial Board

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Online feedback may be used if first name and last name, major and year in school are included in the post. Feedback posted online is eligible for print in the Iowa State Daily.

Nutrition

Support soda ban for health

Bloomberg's bill shut down by courts, enact as citizens

Courts in New York City recently halted the progress of Mayor Mike Bloomberg's plan to ban sugary beverages over 16 ounces from New York City restaurants, claiming that the ban, which would not apply to convenience and grocery stores, was "arbitrary and capricious." Some judges speculated that this kind of restrictive law would mean giving the state health department "virtually limitless authority." And sure, it does seem a bit "capricious" to regulate the size of a New Yorker's Mountain Dew, when he or she could simply walk down the block to the nearest 7-Eleven for a Big Gulp.

But perhaps there is method behind this "soda ban" madness, other than a desire to ruin children's birthday parties forever. Nutritionists agree: Sugar consumption in this country is a growing problem. Recent evidence shows that of nine New York neighborhoods with the highest obesity levels, the three neighborhoods with the least obesity have also shown the lowest sugary drink consumption, and though the exact cause of these obesity levels is up for debate, a study of 10,000 children at University of North Carolina Chapel Hill revealed that "sugar-sweetened beverages are the prime culprit" for high obesity.

Americans consume almost 100 pounds of sugar every year — that's about three times as much as we should. Together, soft drinks and fruit drinks make up over 42 percent of our sugar intake; in fact, the average American drinks 53 gallons of these drinks every year.

As sugar consumption has increased, so has the number of Americans living with obesity, a medical condition proven to cause heart disease, stroke, type 2 diabetes and some cancers. One-third of the population in the United States is obese, as well as 20 percent of young people.

This seems like enough to convince us that excess sugar is something we need to worry about. But is it enough to make us consider sugar regulation?

North America has nurtured an obsession with sugar since its arrival in 1492, which led to the rapid development of sugarcane plantations, spurred the rise of both slavery and income in the New World, and ultimately helped to finance America's victory in the Revolution. These days, "white gold" doesn't have such a great reputation; some scientists say that sugar, the additive we find in almost everything, from whole wheat bread to Coca-Cola, is nothing more than slow poison.

Dr. Robert Lustig, leading researcher on childhood obesity, has pointed out that fructose, the particular kind of sugar molecule responsible for making things sweet, is actually a toxin. Fructose is converted into fat when not immediately metabolized in the liver, and regular fructose intake is the main cause of fatty liver disease leading to obesity — which we know leads to heart disease, America's No. 1 killer. In this way, sugar could be considered highly toxic — killing slowly, through consistent exposure.

"Ultimately, this is a public health crisis,

By Elaine Godfrey
@iowastatedaily.com

and when there's a public health crisis you have to do big things and you have to do them across the board," Lustig suggests. "Tobacco and alcohol are perfect examples. ... I think that sugar belongs in this exact same wastebasket."

With a 2010 World Heart Federation study revealing that more people die every year from noncommunicable diseases like heart disease and type two diabetes than from infectious disease, it seems that government regulation is the solution.

After all, we regulate alcohol and cigarettes with taxes because, even though we acknowledge their harmful health effects, we don't outlaw them; we simply manage their use.

Dr. Joel Forman, member of the New York City Board of Health, said he couldn't imagine "not acting on another problem that is killing 5,000 people per year." Fellow board member Dr. Deepthiman Gowda also defended the decision, saying, "The same way that we've become acclimatized and normalized to sodas that are 32 ounces, we've started to become acclimatized to the prevalence of obesity in our society," adding that as a country, "... We have to act on this."

Before labeling Mayor Bloomberg's "soda ban" plan as illogical or "arbitrary," it's time to look at the facts. Sugar has been linked

Education

Meet your meat; care for environment

Recently I shared my thoughts on the beginning of Jonathan Safran Foer's book "Eating Animals" in an article entitled "Eating meat means eating animals." I want to continue this discussion because of how important it is to wrestle with this topic in food politics.

Foer begins his chapter with this startling statistic: "Animal Agriculture makes a 40-percent greater contribution to global warming than all transportation in the world combined; it is the number one cause of climate change." Eating meat affects not only your personal health and the food industry in the United States but also the future of generations to come. Clearly, we need to start caring.

It's easy to get wrapped up in the particulars of language (i.e. pain, suffering, happiness), as these are all generally abstract feelings and ideas — it is words like these that help us separate ourselves from the animals. I'm not saying that there should be no distinction between humans and animals, but I do want to recognize that this deliberate separation only furthers the problem of the food industry today because it allows us to distance ourselves from the

reality of the animal's experience.

Foer captured this complexity when he explained, "Language is never fully trustworthy, but when it comes to eating animals, words are as often used to misdirect and camouflage as they are to communicate." He gives examples of how we give meat names like veal or beef instead of simply saying cow. In addition to this, words like cage-free, free-range or natural are all relative and can be quite misleading. This recognition of complexity in the language surrounding the meat industry is vital to engaging in the dialogue about the changing meat industry.

Suffering is arguably one of the most debated and important words when it comes to talking about the animal experience. Foer points out that while most people regret that animals suffer and recognize that they feel pain, they do not equate the emotional aspect of pain to that which humans experi-

ence. Unfortunately, this concept is abstract and complex, relative to each person's opinion and understanding. However, what Foer does leave the reader with is this: "What is suffering? I'm not sure what it is, but I know that suffering is the name we give to the origin of all the sighs, screams, and groans — small and large, crude and multifaceted — that concerns us. The word defines our gaze even more than what we are looking at."

I hesitate to delve into stories of animal suffering because I think that most readers are aware of the situation — they just don't know how to approach the problem. I feel that most of us have seen documentaries, news stories, pictures and read books about the atrocities of factory farms in the United States. We are aware that our meat is pumped full of growth hormones and antibiotics and that animals are fed corn instead of their natural diets in order to raise animals quickly and cheaply for slaughter. I highly recommend watching "Food, Inc." and reading books like Barbara Kingsolver's "Animal, Vegetable, Miracle: A Year of Food Life" and Foer's "Eating Animals" to learn more about the reality of factory farming and meat production. These books

and documentaries have more to offer than shock value and gruesome details because they explore the issue and try to offer solutions, which is valuable and necessary for change. Stories like these have the power to bring this issue to the public's attention and demand change.

When we think about how we engage with and support the meat industry, we need to educate ourselves about the issues and consider the implications of our decisions as consumers. We need to consider the importance of animal-human relationships and the stress of relationships between growers (farmers) and corporations.

We can blame the lack of knowledge and availability of meat today, but the reality is that we must consider what we are putting in our bodies. What will you decide to feed your children? Is it possible that we will ever stop eating factory farmed meat and return to smaller, sustainable agricultural practices? Please consider these questions before your next trip to the grocery store.

Kristen Daily is a junior in English from Orange City, Iowa.

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Iowa State Daily

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MEN'S B'BALL:

ISU recruit to play in 3-point game

ISU men's basketball recruit Matt Thomas has been selected to participate in the 2013 American Family Insurance High School 3-point Championships on April 6.

Thomas, a 6-foot-4 guard from Onalaska, Wis., is currently ranked as the No. 51 prospect in the country.

Thomas will compete against fellow soon-to-be Big 12 players and rivals in Conner Frankamp and Brannen Greene, both of whom will be attending Kansas. The contest will air at 2 p.m. Eastern time on April 6 on CBS.

— Dean Berhow-Goll

BY THE NUMBERS:

46.4 percent

Tyrus McGee leads the nation in 3-point field goal percentage.

79.4

Iowa State is No. 4 in the entire nation in points per game.

15

Iowa State's Melvin Ejim leads the Big 12 in double-doubles with 15 on the season.

ATHLETICS:

Upcoming schedule

Thursday

M&WTrack — Cal Multis (at Berkeley, Calif.)

Volleyball — vs. Creighton (at Harlan, Iowa), 6:30 p.m.

Friday

M&WTrack — Texas Relays (at Austin, Texas)

M&WTrack — Stanford Invitational (Palo Alto, Calif.)

Softball — at Baylor, 2 p.m.

Tennis — vs. Northern Iowa, 4 p.m.

Softball — at Baylor, 4 p.m.

Saturday

M&WTrack — Texas Relays (at Austin, Texas)

M&WTrack — Stanford Invitational (Palo Alto, Calif.)

Softball — at Baylor, noon

SPORTS JARGON:

Stolen base

SPORT:

Baseball/softball

DEFINITION:

The result of a baserunner successfully advancing to the next base while the pitcher delivers the ball to home plate.

USE:

Brittany Gomez broke the school record for stolen bases in a season with 20.

Softball

Freshman slides into books

Playing hard, fast helps Gomez race home for record

By Isaac.Hunt

@iowastatedaily.com

Before this year, the ISU record in softball for most stolen bases in a season was 18. Freshman Brittany Gomez thinks she can get 40.

The left-handed outfielder currently has 20, which puts her on pace for 36 for this season.

With the competition only getting better through the season, how can the 5-foot-3 Gomez be so confident?

Her father, Ruben Gomez, put it simply: She is fast. She knows she is fast, and she will tell anyone she is fast.

"Before I was here, I was known for being fast," Brittany said. "I want to go somewhere and have people know that I am fast. I want them to know I can steal off of them. I want them to know that they have to look out for me if I get on base."

Brittany isn't the only one with confidence in her abilities as a baserunner. Coach Stacy Gemeinhardt-Cesler believes in Gomez's speed and the possibility of getting to 40.

"Obviously it depends on how much she gets on base," Gemeinhardt-Cesler said. "But if she gets on base, she's probably going to steal at some point."

Currently hitting at .358, the freshman speedster has gotten on base 44 times with 34 hits and 10 walks.

This means she attempts to steal 48 percent of the time after getting on base.

Although her forte is knowing when to go, she also knows when to stay.

Brittany has only been thrown out once this season and with Erica Miller behind her, she has no reason to be impatient.

"Usually coach G will tell me [when to steal]," Brittany said. "Erica hits behind me so, I know that I don't have to steal because she will hit me over and hit me in."

Miller currently leads the Cyclone women's team in batting average with .379 and RBIs with 32.

Although Brittany is not accustomed to relying on her teammates' hitting, she is learning how to use it to her advantage.

"I absolutely love it," Gemeinhardt-Cesler

GOMEZ.p7 >>

Volleyball

Sophomores take over spring

Younger players succeed veterans, face Creighton

By Dan.Cole

@iowastatedaily.com

The ISU volleyball team will take to the floor against Creighton on Thursday night for its first match of the spring season.

Thursday's match will take place at Harlan Community High School in Harlan, Iowa. ISU coach Christy Johnson-Lynch said she plans to use this match as a recruiting tool, playing in an area of the state where people may not usually get to watch the team compete.

The Cyclones, who finished 22-8 overall and 13-3 in the Big 12 last fall, expect a number of sophomores to fill in and take over increased roles this spring in preparation for the fall season.

Sophomores Andie Malloy, Mackenzie Bigbee and Caitlin Nolan all played prominent roles last fall. Malloy and Bigbee combined

Sophomores stepping up

2012 Stats

Jenelle Hudson (setter) - 68 sets played, 35 assists, 24 aces, 138 digs

Mackenzie Bigbee (rightside hitter) - 111 sets played, 308 kills, 51 blocks

Caitlin Nolan (defensive specialist/libero) - 115 sets played, 15 aces, 273 digs

Andie Malloy (setter/outside hitter) - 72 sets played, 142 kills, 14 aces, 119 digs

Andie Malloy jumps to attempt to block an IPFW Mastodon player from sending the ball over in the first round of the NCAA Volleyball tournament Nov. 29, 2012, at Hilton Coliseum.

File photo: Adam Ring/Iowa State Daily

for 450 kills while Nolan racked up 273 digs and 25 assists.

"They're all stepping

into having to talk more and lead their other classmates in the process," said ISU senior Kristen Hahn, who led

the Big 12 with 626 digs last season. "I think that as up-

VOLLEYBALL.p7 >>

Athletics

Juniors take big step to intern in NFL

Hard work pays off for athletic trainers

By Trey Alessio

Daily correspondent

ISU juniors Jacob Laverman and Jordan Pierce began their search for the perfect internship by sending out their resumes to all 32 NFL teams.

After interviews and reference checks, Iowa natives Laverman and Pierce displayed themselves to the teams.

Their patience was tested as they were forced to wait to find out whether they got an internship.

Finally, they both got the phone calls they had been waiting for.

The Indianapolis Colts offered Laverman a summer internship.

"I was really excited; I know how

big of a deal it is. It's something you talk about with your friends but now it's reality," Laverman said. "It also didn't hurt to have two Iowa State references who interned with the Colts."

An ISU graduate contacted Pierce to tell him that he would be interning in Denver this summer with the Broncos.

"I'm very excited to have this opportunity," Pierce said.

Laverman hopes to leave for Indianapolis as soon as finals have concluded this May.

Laverman's internship will be for about a month and a half, during which he'll be assisting the Colts in their rookie training camp as well as their team training camp.

As for Pierce, his internship will last for six weeks from the end of July

INTERNSHIPS.p7 >>

Photo: Huiling Wu/Iowa State Daily

Junior Jacob Laverma, (left) was offered a summer internship by the Indianapolis Colts this year for a month and half. Junior Jordan Pierce will be interning in Denver this summer with the Denver Broncos.


EVENTS
Calendar

Thursday

Oboe and bassoon recital

- Where: Martha-Ellen Tye Recital Hall, Music Building
- When: 7:30 to 9 p.m.
- Cost: Free

* Showings continue Friday, Saturday and Sunday



Performance: 'A Streetcar Named Desire'

- Where: Fisher Theater
- When: 7:30 to 9:30 p.m.
- Cost: Adults \$16, seniors 65 and up \$14, students \$8

Friday

Brunner in Bloom: Flowers after Hours

- Where: 295 Scheman Building in the Brunner Art Museum
- When: 6 to 8 p.m.
- Cost: Free

Dance Social

- Where: 196 Forker
- When: 7:30 to 9:45 p.m.
- Cost: Free

Saturday

Wedding and Prom Floral Short Course

- Where: Reiman Gardens
- When: 9:30 a.m.
- Cost: \$24 members, \$30 general

Brunner in Bloom

- Where: 295 Scheman Building in the Brunner Art Museum
- When: 11 a.m. to 4 p.m.
- Cost: Free

Sunday



Cyclone Cinema: 'Lincoln'

- Where: Carver Hall 101
- When: 7 p.m. to 10 pm.
- Cost: Free

Monday

Re-Upholstery

- Where: Workspace at the Iowa State Memorial Union
- When: 7 p.m. to 9:30 pm.
- Cost: ISU \$75, Public \$85

Tuesday

Hayes Carl with The Warren Hood Band

- Where: The Maintenance Shop
- When: 8 p.m. to 10 p.m.
- Cost: \$10 students / \$15 public (\$2 day-of-show increase)

Wednesday

Performance: Arrival From Sweden - The Music of ABBA

- Where: Stephens Auditorium
- When: 7:30 p.m.
- Cost: \$25 to \$42

Drama



ISU Theatre brings 'Desire'

Photo: Suit Yee/Iowa State Daily

Drew McCubbin, senior in performing arts, rehearses the part of Stanley Kowalski and Elizabeth Thompson, junior in performing arts, plays Stella Kowalski, Stanley's wife, Tuesday at Fisher Theater. "A Streetcar Named Desire" is set in the French Quarter of New Orleans shortly after World War II.

Story influenced by World War II culture

By Liz Cleaveland
Ames247 writer

ISU Theatre is preparing to open the curtains to a play set in the French Quarter of New Orleans and bursting with history. "A Streetcar Named Desire" is a Broadway hit that will be performed by the ISU Theatre program. Playwright Tennessee Williams wrote it in 1947 shortly after World War II. "This play is arguably one of the best plays written in American literature," said Dan Poppen, sophomore in performing arts. Poppen plays the role of Harold Mitchell in the play. Poppen explained the play has a

lot of layers. "It's deep water, how [Williams] writes," Poppen said. "It seems like a lot on the surface, but there's so much going on underneath and so it's very difficult when you have a little over a month to convey all of it." Having spent much of his troubled childhood in Mississippi, Williams set many of his works in the South and depicted his characters of Southern descent. The performance is set in the French Quarter of New Orleans and strongly influenced by the vibrant culture, jazz music and aftermath of World War II. The members of the cast were given dramatic assignments to help them gain a better understanding of what life was like in that era. Despite the time constraint, the production team said they are remaining optimistic and working

harder than ever to ensure Williams' play is given justice. They are working with Mike Giles, senior lecturer for the music department and jazz specialist who worked with ISU Theatre on "Rent" last year, to create a feeling of authenticity to the New Orleans locale. "Matt Foss asked me if I'd collaborate with him and because the theme is heavy and dark — we're providing music to spike the emotions for the audience," Giles said. The songs for the play are songs that represent the bayou. It enhances things." Matt Foss, director of Iowa State's "Streetcar" and lecturer for the theatre department, added that the music would be a mixture of songs associated with the play. "There is a mix of music that references traditional New Orleans music and songs associated with the play," Foss said.

Foss said he "explored the themes Tennessee Williams has laced through his play in our work examining the facts and given circumstances of his text, the plot and characters he has provided." "Streetcar" is a great play. Really great — incredible structure, fantastic words; it's a real treat to get to work on," Foss said. Stanley Kowalski and Blanche Dubois, two of the main characters, are believed to be based off of people in Williams' life, thus adding more depth to the play. Kowalski's character struggles with severe temperamental problems based off of a co-factory worker of Williams'. Dubois's character is thought to represent Williams' own sister who struggled with mental health issues. Their adversities touch upon the two themes within in the play and lead to a myriad of others.

Venues

Violence hurts Ames' music scene

By Dominic Spizziri
Ames247 writer

Ames' music scene is known for its accepting personality from all of the bands and musicians in the area. The ability to work together with every musician is one of the biggest factors that makes the Ames music scene succeed, as well as giving Ames overall a positive reputation. On March 9, though, violence was brought to the scene. At 11:30 p.m. after a hip-hop show at Zeke's, gunshots were fired. Ames police were called and found people fighting in the parking lot, according to the Ames Police Department. After further investigation, three juveniles were arrested and are being helped at the Central Iowa Juvenile Detention Center. A fourth individual, Desmond Turner, 27, was charged with interference with official acts, a simple misdemeanor according to the Ames Police Department. Witness and manager for performer Notrydo. Sincere, who identified herself as Valinda G., said after the hip-hop show the attendees and performers started fighting and eventually one led to shooting a gun in the air. "Luckily, no one was hurt," G. said about the acts. The music scene around Ames is used to supporting safe shows and had never found itself hosted to acts of violence even through many years of the scene expanding due to Maximum Ames.

Maximum Ames Records founder and Mumford's band member Nate Logsdon, who has been working with the Ames music scene and hosting the Maximum Ames Music Festival since 2011, had never seen violent acts portrayed before at any Ames-related event. "I actually haven't witnessed violence at shows in Ames ever before; this is really bizarre," Logsdon said. The show's producer, Antonio Roddy, could not



File photo: Kelsey Kremer/Iowa State Daily

Police officers put handcuffs on an individual in a parking lot early March 10 on the corner of Lincoln Way and Franklin Avenue, across the street from Family Video after a shooting at Zeke's parking lot.

believe the events that had taken place after the show, since he had been arranging them for four years. "I don't know what happened; the show was over and the venue was clear for at least 20 minutes before the incident happened," Roddy said. "I've been hosting hip-hop shows and parties for four years in Ames, and I have never had not even a fight at any of my events. It was kind of weird." The Ames' hip-hop scene is small, only featuring a few acts, and this show in particular carried only acts from Chicago. These events can carry a strong negative against the scene with effects already taking place. Matt Heerema, Zeke's director, changed the regulations on hip-hop shows. "We will no longer host those acts anymore," Heerema said. "Hip-hop style shows will be under

more protection as well. We need to be able to keep a more positive impact on the Ames community." Violence around music shows is not something new though and has roots of rioting and mosh pits. David Stuart, ISU associate professor of music and theatre, said that violent acts are just part of the shows. "There's always a lot of energy and emotions when hearing music at concerts, ... and people are always joking or dancing with someone else's girlfriend, and then that's when something happens," Stuart said. "There has always been violence in music, though, in the punk scene, the country scene. ... Some acts do it for negative publicity." Stuart said for the Ames music scene, the shooting should be looked at as an act of violence but not one that reflects the hip-hop scene.

Technology

Samsung's new Galaxy S4 is out of this world

By Levi Castle
Ames247 writer

One of the biggest names in technology has just revealed its new flagship phone. On March 14, Samsung showed the world its new iteration in the widely-acclaimed Galaxy series: the S4 smartphone.

Last year, the Samsung Galaxy S3 had an unprecedented sales record according to CNET. For many people, it was the phone of choice if they wanted to use Android. Combined, all three Galaxy S phones so far have sold more than 100 million units since 2010, according to CNET's website. Last year,

Samsung shook the throne of the iPhone when, for a time, it outsold the iPhone 4S and iPhone 5. Instead of looking drastically different from the S3 — like the S3 did from the S2 — the S4 resembles a slightly larger version of its predecessor. This is due to the new 5-inch screen, up from the 4.8-inch of the S3.

The S4's screen not only increased its dimensions, it also increased its pixels. Propelling the Galaxy series into the next stage of smartphone tech, the Galaxy S4 is the proud owner of a full-HD 1080p screen.

GALAXY S4.p9 >>



Photo courtesy of Wikimedia

Music: Kendrick Lamar

By Sam Abrahams

Yes, you read the title correct. Kendrick has linked with Hov for a lively remix to his original track off of “Good kid, M.A.A.D City.” The newly released remix is indisputably Kendrick’s victory lap around the track, cementing his place amongst the elite, and amongst greats like Jay-Z. Kendrick throws in a few new verses that are remarkably refreshing. He even declares his goal to be the “God MC.” The track first popped up at the Austin, Texas-hosted South by Southwest festival. Amid rumors of the track’s existence, word spread like wildfire across Twitter and most of the major music blogs. But it was a low-quality version. However, I am happy to say now that an official remix has since been released and is available for mass consumption. This is a track you don’t want to miss.






Photo courtesy of Wikimedia

Game: ‘Monster Hunter 3: Ultimate’

By Devin Pacini

“Monster Hunter 3: Ultimate” is a remake of “Monster Hunter Tri” for the WiiU and 3DS. The game involves a lot of strategy and skill when it comes to not only fighting but even planning out those fights ahead of time. It’s a lot of fun, but I don’t understand why only the WiiU has the option of online multiplayer. The 3DS has local multiplayer, but it is inconvenient at times. Still, they make it easy to get other hunters’ guild cards via street-pass, so with any luck, I won’t have too much of a problem finding more people to play with. The game is a lot of fun on my own, but it gets even better when you have some friends to play it with. If you’re in the mood for some action without the leveling you might want to try this out.






Photo courtesy of Wikimedia

Movie: ‘Spring Breakers’

By Nick Hamden

“Spring break forever!” is a phrase many people at Iowa State would probably accept. Nice weather, partying, booze, the works. But when does a party lifestyle turn into a dangerous one? “Spring Breakers” is not your typical R-rated sex comedy about drunken college students but discusses social issues underneath the bikinis and alcohol. Four girls decide to rob a restaurant but end up getting into trouble with a drug lord. “Spring Breakers” is not a movie for everyone and not everyone will like it. It is told out of order, has little dialogue, will make you feel uneasy at times, and explores white privilege in America. If you go into it with an open mind and wanting a new movie experience, it might actually be the type of film for you.







Online:
For more reviews and to read the full version of the ones here, visit ames247.com

>>GALAXY S4.p8

While nearly every hardware aspect was improved upon for the S4 — which includes a bigger battery, better camera and faster processor — they are all components that any other competitor could get their hands on, like HTC did with their new flagship, the “One.”

Thus, the internals of the S4 are not what make it stand out from the other big dogs, though it is extremely high-end; it’s the software running on those internals that Samsung is greatly pushing.

Among the teased features were a dual camera, which allows the front and rear cameras to operate simulta-

neously, Samsung Smart Scroll, a feature that lets the phone follow your eyes and know when to scroll up or down or pause a video, and Air View, a finger recognition system when you hover over the screen.

“For each of us, life is a journey. What we want is a device that will join us on the journey. A device that even more is a companion that helps us experience life to its fullest. A life companion for a richer, simpler life,” said JK Shin, president and head of IT and mobile communication division for Samsung electronics.

With that, Shin announced the name of the phone, officially calling it the Galaxy S4. He unveiled that the

GS4 will be available from the end of April and will eventually be supported by 327 mobile operators in 155 countries. A video was then played showing more of the phone’s features, like the ability to record sound whenever a picture is taken.

Ryan Bidan, director of product marketing for Samsung Telecommunications America announced that the S4’s 1080p screen will be Super AMOLED with a PPI (pixels per inch) of 441. AMOLED stands for “Active-Matrix Organic Light-Emitting Diode,” which, according to Samsung’s website, means the layer that detects touch is integrated into the screen, rather than

being overlaid on top of it.

Not far behind was the reveal that the S4 is made from a new polycarbonate material that allows the phone to be thinner than ever and yet stronger than ever.


Bidan announced that the GS4 will include a built-in IR LED sensor that allows control over TVs.

The cameras will be a 13 megapixel rear-facing and a two megapixel front-facing. Two gigs of RAM and the typical storage options are also standard. An improved, larger battery will be powering the device.

The general public will be able to get their hands on their own Galaxy S4 at the end of April.




Photo courtesy of Samsung



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ANNOUNCEMENTS

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All real estate advertising in this newspaper is subject to the Federal Fair Housing Act of 1968 as amended which makes it illegal to advertise "any preference, limitation or discrimination based on race, color, religion, sex, handicap, family status or national origin, or an intention to make any such preference, limitation or discrimination."
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Fun & Games

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Fun Facts

If your morning commute to work is 20 minutes or less, it's below the national average. New Yorkers have some of the longest commutes, averaging 40 minutes.

In 1990, the Feds seized several of Willie Nelson's properties, including his house and everything in it. To repay his debt, Nelson released the cleverly titled album *Who'll Buy My Memories?* (The IRS Tapes). By the next year, the Red-headed Stranger was back in the black.

Jägermeister does not contain deer or elk blood.

The drug name Premarin is derived from the origin of the drug: PREGnant MARE urINE. Yes the urine of a pregnant horse!

Iron Eyes Cody, the crying Native American in the famous anti-pollution TV commercial, was actually an Italian-American named Oscar DeCorti.

The 1984 film *Red Dawn* was the first to garner a PG-13 rating.

The U.S. national anthem, "The Star-Spangled Banner", actually has four verses. Americans traditionally sing only the first verse.

Knoxville, Tennessee's Body Farm isn't a day spa; it is a forensic anthropology facility. Human cadavers are left outdoors in varying stages of undress in water, under brush, etc.

Crossword

1	2	3	4	5	6	7	8	9	10	11	12	13
14												
17												
20												
23												
32	33	34										
39												
42												
45												
56	57											
60												
63												
66												

Across

1 Short glasses?
6 1979 exile
10 "Collective unconscious" coiner
14 Necklace material
15 Big Island port
16 "Beauty ___ the eye ..."
17 President who appointed Sotomayor to the Supreme Court
18 Loads
19 Beatles movie
20 New Year's Day staple
23 One making sidelong glances
24 Bias-___ tire
25 Mil. roadside hazard
26 Highest of MLB's "minors"
28 Ode relic
29 Animation unit
32 Place to learn to crawl?
37 "Harold and Maude" director
39 Aptly named 22- Down
40 Band since 1980 that disbanded
41 Freeway no-no
42 "The Wizard of Oz" device
43 It has a handle and flies

45 Comaneci score
46 "Now I ___ me ..."
48 Getting-in approx.
49 90210, e.g.
50 Stylist's supply
52 Run in the heat?
56 Place to split a split
60 Goes downhill fast
61 Ricelike pasta
62 Worthless
63 Confined, with "up"
64 "Terrif!"
65 Lena and others
66 Surfers' guides
67 ___ qua non
68 What one might see in a 20-, 32-, 43- or 56-Across

Down

1 Make a point
2 NOLA sandwich
3 Wipe clean
4 One concerned with composition and angles
5 Hunk

6 Wrapped accessory
7 Like links golf courses
8 Crooked
9 Bloviator's talk
10 Muslim holy war
11 Exploited
12 "Aida" backdrop
13 Macroeconomics fig.
21 Gem for a Scorpio, perhaps
22 39-Across automaker
27 Fake nail material
28 "Semper Fi" org.
29 Carp family fish
30 Spanish Civil War battle site
31 Snowshoe hare hunter
32 Narrow cut
33 Are in the past?
34 Emblem
35 Pretentiously showy
36 "Wide Sargasso ___": Jean Rhys novel
38 Overpower
44 Plant in an underwater forest
47 Golf green borders
49 Citrus peels
50 Certain strip native
51 Overact
53 California town whose name means "the river"
54 Doone who turned out to be Lady Dugal's daughter
55 Secret rendezvous
56 Furniture store that also sells Swedish meatballs
57 Quatre et un
58 "... ___ saw Elba"
59 Starting from
60 No. at the beach

UNIONS

A special wedding edition of the newspaper that runs on the last Wednesday of every month. The section features unique wedding ideas, tips and trends.

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Submit your announcements to public_relations@iowastatedaily.com



Sudoku *by the Mepham Group*

	1				9			
				6	7			3
		7	1	2		9	4	
	5						8	
	8	6				1	3	
	9						5	
	4	9		7	1	8		
5			8		2			
			9				7	

LEVEL: 1 2 3 4

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

Wednesday's Solution

8	6	9	1	2	5	3	4	7
1	7	4	6	3	9	2	5	8
2	3	5	8	7	4	6	1	9
6	5	8	3	1	2	7	9	4
9	1	3	4	8	7	5	2	6
4	2	7	9	5	6	1	8	3
5	8	2	7	4	3	9	6	1
7	4	6	5	9	1	8	3	2
3	9	1	2	6	8	4	7	5

Horoscope *by Linda C. Black*

Today's Birthday
(03.28.13)
What do you really want for yourself, your community, and the world? Keep your networks buzzing into summer with possibilities. Launch into action, and monitor the pace. Rejuvenate at home, with friends and family. Manage finances closely for gain, especially insurance and investments. Play, learn and be creative. To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries
(March 21-April 19)
Today is a 9 -- Balance must be restored, which will require love. Don't be afraid to express your feelings to solve a domestic puzzle. Talk things over, and discover romance as a sweet side benefit.

Taurus
(April 20-May 20)
Today is an 8 -- What you need is closer than it appears. Your fame travels far and wide, but do you really do it for the glory? Love blooms all around you.

Gemini
(May 21-June 20)
Today is a 7 -- Children teach you the rules. Invite yourself and others to play. It doesn't need to be serious, does it?

Laughter really is the best medicine.

Cancer
(June 21-July 22)
Today is a 7 -- Plan things carefully, and write ideas down so you don't forget important details. You're making a great impression.

Leo
(July 23-Aug. 22)
Today is a 9 -- Every now and then, you need to do something that feeds your soul. Enrolling in a creative class could support your overall goals. It's more fun than expected.

Virgo
(Aug. 23-Sept. 22)
Today is an 8 -- Stick to practical financial plans. Pay close attention to what you eat. Go ahead and obsess on details; you're gaining wisdom. Let it all go for a lovely moment with family.

Libra
(Sept. 23-Oct. 22)
Today is an 8 -- You're full of brilliant ideas. The best of them come when you're relaxed and not thinking too hard. Look at things from an unfamiliar vantage point.

Scorpio
(Oct. 23-Nov. 21)
Today is a 7 --

Communications are getting through, even if it doesn't seem like it. When in doubt, pick up the phone and ask. Don't be afraid to make a special request. Give back, with love.

Sagittarius
(Nov. 22-Dec. 21)
Today is an 8 -- Continue to work faster to advance to the next level and make more money. Beyond the financial gains, you feel more empowered.

Capricorn
(Dec. 22-Jan. 19)
Today is an 8 -- Time for introspection and beauty is well spent today. Redecorate your office without losing track of work obligations. Put some energy into romance and receive a hidden benefit.

Aquarius
(Jan. 20-Feb. 18)
Today is an 8 -- There's a beneficial development, career-wise. Find another motivation besides money, and look for the pull on your heartstrings.

Pisces
(Feb. 19-March 20)
Today is a 7 -- Your skills continue to improve with age and practice. Be grateful as you gain confidence. Invest in your business, and get farther.

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.77

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topping
select varieties | 8 oz. | limit 2



.38

Hy-Vee corn or green beans
select varieties | 14.5 to 15.25 oz.
limit 4



1.88

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potato chips
select varieties | 8 to 10.5 oz.



1.98

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.97

Philadelphia cream cheese
original or 1/3 less fat | 8 oz. brick



2/\$4

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